

RASHIDAT ABDULFATAI
HEALTHCARE ASSISTANT

London, England
rasheedaholadele2@gmail.com
+44 7438 990613

PROFILE SUMMARY

Dedicated and empathetic healthcare worker with over 3 years' experience assisting young adults and elderly individuals with autism, learning disabilities, and dementia. Proficient in delivering exceptional care, creating and adjusting personalized healthcare plans, and ensuring adherence to policies and guidelines. Known for fostering strong, trusting relationships with clients and committed to their well-being. Certified in multiple training programs, showcasing my capability to provide high-quality support.

CORE COMPETENCIES

- Safeguarding
- First Aid
- Hoist Operation
- Care Plan Administration
- Empathy
- Infection Control
- Medication Administration
- Time Management
- Resilience
- Personal Hygiene Assistance

WORK EXPERIENCE

Chenash Homecare
Healthcare Assistant.

London, England
Nov 2023 - Present

- Administered medication as directed by senior staff or physicians.
- Assisted patients with mobility, personal hygiene, and daily activities.
- Monitored and documented patient progress, addressing any recovery obstacles.
- Established trusting relationships with patients through consistent support and care. • Educated patients on preventive care practices.
- Conducted routine health assessments, including monitoring weight, pulse, and temperature.
- Responded to patient feedback to continuously improve care quality.

Dr. Albert - Homecare
Healthcare Support worker

London, England
Jan 2022 - Oct 2023

- Assisted with household tasks like cooking, cleaning, and shopping to promote patient independence.
- Administered medication and managed patient routines.
- Provided personal and social care, including oral hygiene.
- Maintained accurate documentation and upheld patient confidentiality.
- Worked alongside other healthcare professionals to ensure high-quality patient care.
- Delivered compassionate, patient-centred care.

Dr. Ally - Homecare
Healthcare support worker

Portsmouth, Hampshire
Jan 2021 - Dec 2021

- Dispensed medication and documented vital signs and patient information.
- Supported patients with daily activities such as walking, toileting, and personal care.
- Maintained high care standards even under pressure.
- Assisted with personal care activities while respecting patient dignity and confidentiality.

EDUCATION

Al Hikmah University
Diploma of Higher Education: Political Science

Kwara State, Nigeria
Dec 2019 - Nov 2020

SKILLS AND INTERESTS

Skills: English (Native).

Interest: Singing (karaoke), Cooking (British Dishes), Games (pool & Bowling).

Equipment Used: Hoist (Sera Steady), Thermometer, Wheelchair, Patient Monitor, Hospital Stretcher.